

The most important tools of the trade are **your body and your mind**

Here at Perennial, we're dedicated to supporting your physical and emotional wellbeing. We want you to live well today by keeping fit, healthy and in work, so you can plan for a better future.

Our 2025 Wellbeing Research helped us understand more about the challenges people in the industry are facing when it comes to their overall wellbeing. It showed us:

- 82.8% of respondents were categorised as having low or medium wellbeing
- 84.8% of respondents had experienced aches and pains in the last 6 weeks
- 53.6% scored below the national average when asked to provide an overall "Life Satisfaction" score (out of 10).

Watch our short **Be Health Smart** video because no matter where you are starting from, there's always more you can learn about your health and wellbeing. <http://bit.ly/46OmxqV>

3 ways Perennial can help

Health and Wellbeing App

82.8% of respondents were categorised as having low or medium wellbeing



How Perennial can help:

The Spectrum Life platform and app empowers you to lead a full and healthy life, supporting you across fitness, nutrition and lifestyle. You can find workouts and recipes & wellbeing support covering a variety of topics for your body, mind and life. Plus, Be Calm meditations and Soundspace for relaxing podcasts.

We also have our In the moment support line, available 24/7 where you can speak in confidence to a qualified and experienced clinician, who will help you navigate personal or work-related challenges with care and compassion.

perennial.org.uk/wellbeing

Physiotherapy service

84.8% of respondents had experienced aches and pains in the last 6 weeks



How Perennial can help:

Perennial has an occupational health physiotherapy service that guides you through the complex process of recovering from pain and injury, helping you build a strong and resilient body.

The key is to get help early. If you have experienced an ache, pain or injury, get in touch and find out more about the physiotherapy service Perennial offers.

This service is provided free of charge by Perennial. However, as funds are limited, there are eligibility criteria to meet to be able to benefit from this service.

perennial.org.uk/physio

Perennial team support

53.6% of respondents scored below the national average for an overall "Life Satisfaction" score.



How Perennial can help:

We are here for everyday questions and worries, as well as big life events too.

Our friendly Helpline Team can provide you with immediate, confidential advice for all matters relating to health, money and career challenges. They can also connect you to specialist services such as legal advice, physio and a referral to our dedicated team of advisors - who can also offer tailored 1 to 1 support for specific areas such as money and debt, welfare benefits, housing and self-employment issues.

0800 093 8543+

perennial.org.uk/ways-we-help



Helping people
in horticulture
Perennial

Registered Charity Nos 1155156 Scotland SC040180

Be health smart

+ Open Monday, Tuesday, Thursday and Friday 9am-4.30pm and Wednesday 10am-4.30pm. Excludes bank holidays.